Please delete the present Abstract of the Disclosure.

Please add the following new Abstract of the Disclosure:

A moving picture encoding method for performing a multi-frame motion prediction with reference to a plurality of picture frames that includes, in reference frames used for the multi-frame motion prediction, a frame that has been encoded in a higher picture quality than the other frames of the same picture type. The frame encoded in the higher picture quality is a P-picture frame or a B-picture frame, for example, and preferably is a frame to which more code amount is assigned than the other frames of the same picture type or a frame having a smaller quantizing parameter than the other frames of the same picture type.